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Vol. 41 No. 20

Yokota Air Base, Japan

May 26, 2000

WORLD CHAMPS

Aerial Port, Aeromedical Evacuation Rodeo team prove to be world class

By Senior Master Sgt. Gordon Van Vleet

374th Airlift Wing Public Affairs

Overcoming adversity to achieve victory became the calling card for two Yokota teams recently during Airlift Rodeo 2000, at Pope Air Force Base, N.C., an international competition that brought together the best of the best from around the world. Yokota's Aerial Port and C-9 Aeromedical Evacuation teams separated themselves as the best in the world when they brought home the best aerial port team award and best C-9 aeromedical evacuation aircrew award.

Winning the best aerial port in the world, the combat mobility elements from Yokota's transportation squadron and Kadena's transportation squadron came together as one team—and they did it with a last minute substitute.

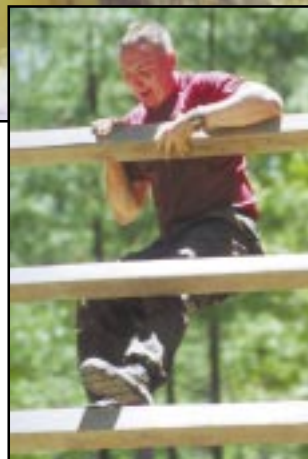
"One of our original team players, Staff Sgt. Robin Olaes, became ill during our flight into Little Rock AFB, Ark.," said aerial port team leader, Tech. Sgt. Dale Wenn, 374th Transportation Squadron Combat Mobility Element. "He was met by ambulance when we arrived at Little Rock (April 28) and was operated on the next day. I didn't know what we would do. We couldn't compete with only four people."

But after Yokota's Rodeo team commander Maj. Geoffrey Gibbs called back to Yokota and told 374th Airlift Wing commander, Col. Mark



photos by Senior Master Sgt. Gordon Van Vleet

Above, Capt. Michael McCarthy, 374th Aeromedical Evacuation Squadron, leads his teammates through a waterlogged trench while carrying a litter and patient during the Airlift Rodeo 2000 endurance course competition. Right, Senior Airman Michael Fletcher, 374th Transportation Squadron, scales an obstacle during the combat endurance course portion of the aerial port competition.



Zamzow the bad news, a replacement was quickly found, courtesy of Kadena's 18th Transportation Squadron, Combat Mobility Element.

"I was notified Monday (May 1) at 9 a.m., left the house at 11 a.m., and arrived at Little Rock at 5:15 p.m. the same day," said Staff

Sgt. Mark Armstrong, 18th Transportation Squadron, Kadena Air Base, Okinawa, Olaes' replacement. "I didn't feel as anxious as someone else might have after being placed in this kind of situation because we — Kadena's CME — work together with Yokota's combat mo-

see CHAMPS page 5

Critical days ahead — play safe

By Staff Sgt. Alan Williams

Chief of Internal Information

The Memorial Day weekend is here and with it comes the 101 Critical Days of Summer. From now until Labor Day the Air Force anxiously tracks fatalities, major and minor mishaps, and injuries to help emphasize awareness concerning the risks involved in peoples everyday lives.

"The key is not to stop high-risk activities, but to assess the risks involved in an effort to minimize the hazards in threatening environments," said Lt. Col. Jeff Antes, Chief of Safety for the 374th Airlift Wing. "Although no one at Yokota has been counted in the fatality statistics over the past year, people here should remain vigilant in their efforts to work and play safe."

Falling during these 101 days are a high number of PCS moves, family vacations and hot weather activities like swimming, biking, boating, hiking, rock climbing, inline skating, skate boarding, barbecues and lawn care.

Ensuring the use of proper safety equipment like helmets, knee and elbow pads, and good footwear coupled with appropriate training will reduce the dangers involved.

"Taking a few minutes and using the six-step process to ana-

"The key is not to stop high risk activities, but to assess the risks involved ..."

—Lt. Col. Jeff Antes
Chief of Wing Safety

Take for example, an outing to a beach party. A person identifies large waves and riptides hazards with the risk of drowning. The controllable elements are whether to swim alone, swim with a buddy or wait for conditions to improve. Then decide which measure to act on and implement the decision. The review will be in terms of whether to do it like that the next time.

Hopefully people will make the best decision. The difference in making the best or worst decision can be very contrasting, sometimes it's the difference between a great weekend and a body bag.

lyze your risks this summer will help," said Antes. "First you identify the hazards, and determine the impact of the risk involved. Then, determine which elements you have control over and what can be changed about the situation to reduce the risk. An important part is making the decision and implementing the risk reduction change. Our review often comes in the terms of 'I should have ...' "

News Shorts

Forty-one selected

The following Team Yokota first lieutenants have been selected for promotion to the grade of captain.

374th Airlift Wing: Christopher Schumann and Yvonne Sorokin; **30th Airlift Squadron:** Steven Harper, Lee Irwin, Cherish Krutil, and Gregory Yoschak; **36th Airlift Squadron:** Joe Anderson, George Buch, William Holyfield, Kriss Hinders, Robert Houston, Charles Perreault, Samuel Pupich, Cameron Russ, Michael Tung, Lindwood Wells, Jr.; **374th Civil Engineer Squadron:** Tammie Avery; **374th Comptroller Squadron:** Rod Valentine; **374th Logistic Group:** Michael Wigen; **374th Medical Operations Squadron:** Terry Boles, Caroline Force, Linda Lavoie-Whitaker; **374th Mission Support Squadron:** Naomi Ashworth; **374th Operations Support Squadron:** William Latimer; **374th Support Group:** Andrew Martin; **374th Supply Squadron:** Mark Clifford; **374th Transportation Squadron:** Daniel Pope; **459th Airlift Squadron:** William Ashword, Tyrone Barbary, Andrew Campbell, Richard Kattau, Anthony Caragan, Etienne Rosamont, and John Scott II; **605th Air Intelligence Squadron:** Kouji Gillis and Mark Peters II; **605th Air Operations Squadron:** Mike McAleenan and James Meadows; **630th Air Mobility Support Squadron:** Edward Clarke IV and Diltrice Thomas.

New Samurai hours

Starting June 1, the new Samurai Cafe hours will be:

Breakfast: from 5:30 to 8 a.m. Monday through Friday, Grab N' Go from 8 to 8:30 a.m.; **lunch:** from 11 a.m. to 1 p.m. Monday through Friday, Grab N' Go from 1 to 1:30 p.m.; **dinner:** from 4:30 to 7:30 p.m. Monday through Friday, Grab N' Go from 7:30 to 8:30 p.m.; **brunch:** from 7 a.m. to 1 p.m. on weekends and holidays only.; **supper:** from 4:30 to 7:30 p.m. on weekends and holidays only, Grab N' Go from 7:30 to 8:30 p.m.

Also, diners must be in uniform for service during the midnight meal period beginning June 1.

For information, call 225-7809.

Memorial Day observed

Local VFW Chapter 9555 will hold a Memorial Day ceremony at 10 a.m. Monday at the Kennedy Memorial near Nina Circle on Airlift Blvd. The ceremony will include a "National Moment of Silence" at 10:15 a.m. Parking is available in the CE Parking Lot.

Rules of engagement: a wakeup call

Chief Master Sgt. Don Jordan
374th Transportation Squadron

I would like to take a minute of your time to talk about the rules of engagement. We all know how the Wing IG wants us to engage the inspector, but do you know how you are going to engage your inspector? This is a given in my opinion, a free easy point...don't blow it!

I will start with the Mission Performance Checklist itself. I consider this our life's blood checklist, the rules we must live by to meet compliance. Since getting intimate with our MPC, the way some of us do business has changed. Also, I am sure some of us are doing tasks that are not checklist items.

But that's not my main focus, I am talking about us, the military men and women of the U. S. Air Force, and how we address others. I'm talking about how we as professionals adhere to our rules of engagement relating to customs and courtesies and leadership responsibilities.

With the inspector, first impressions are lasting. We as supervisors need to provide a positive first impression to the inspector, so we can shoot for that outstanding rating. This part might not be spelled out on the MPC, yet can definitely influence your overall rating. Gee chief, how I do make a positive first impression you ask?

Start out with a clean well-organized work center. Lose the clutter, you know that stuff back there in the

closets and cubbyholes you keep asking yourself ... "what is it, and where did it come from?" The inspectors first impression of your work center should equate to reading the first line of an EPR ... the tone has been set.

Dress and appearance is very important. As supervisors how do you check out your troops to determine the status of their uniform? Do you have an open ranks formation to get a warm fuzzy about their uniform? When was the last time you had an inspection in the "other" uniform. For instance, I work in BDUs 99.9 percent of the time, so how do I know my folks have the required items and can play by the rules? Supervisors need to brush up on their PFE and get familiar with uniform requirements to determine if there are infractions.

I remember an instance where a troop wore a T-shirt with service dress uniform to a formal function. You may say what's wrong with that? The problem was the individual wore a T-shirt only with the service dress. He was told his semi-formal was a service coat, and a white shirt, the rest was assumption. You would be surprised to find out what information is dumped from peoples' minds after basic training. It is our job, as supervisors, to inform, remind and facilitate that wake up call.

Supervisors need to ensure our folks know how to address their superiors at all times, in all situations. In a recent town meeting some people did not give the proper respect to the wing commander. He was addressed several

times by people saying "yeah," "nah." People who did not even bother stand up and identify themselves. Wrong answer! In my opinion this is one rule of engagement no one should have to be reminded of because it should have never been forgotten. This is not the Burger King Air Force. You cannot have it your way. You have to follow the rules. These acts reflect a lack of professionalism we can't afford in today's Air Force. If you don't feel that way, then you missed the bus and it is time to wake up and get back on.

Do not assume, act aggressively to find out about your troops and if they really know what to do in a given situation. Remember, first impression are lasting impressions. As supervisors, are you impressed with your troops appearance and professionalism? Only you can answer that question supervisor?

In less than two weeks, Team Yokota will have to demonstrate how well we accomplish our mission. As we stand back and admire our neat programs, upgrades, tweaks, and state-of-the art bells and whistles, keep one thing in mind. It's a Unit Compliance Inspection. All the razzmatazz in the world is just eyewash if we can't comply with the basic rules of engagement. Not knowing or implementing these simple rules of engagement may cost us dearly. Not only for this inspection, it could damage the professionalism that is the essence of our Air Force.



Remembering our armed forces
Members of the local Veterans of Foreign Wars chapter 9555 place a wreath in front of Bldg. 315 May 19 during an Armed Forces Day retreat held by the 374th Support Group. This year marked the 50th anniversary of Armed Forces Day. President Harry S. Truman issued a proclamation establishing an Armed Forces Day to celebrate the consolidation of all military forces under a single department.

photo by Airman 1st Class JoAnn Makinano

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CC responds to town hall queries

Here are answers to questions that weren't answered during the town hall meeting:

Q. We know its going to be really hot on the third floor in Bldg. 130. Can the air conditioning be improved?

A. Civil Engineering turned the AC on for Bldg. 130, May 10. We'll keep a close eye on it to make sure its working as it should — if it doesn't, we'll fix it ASAP.

Q. Why can't we get a Stars & Stripes vending box back out by Bldg. 118?

A. Stars & Stripes has agreed to reinstall a vending box since the residents feel previous problems won't resurface.

Q. What types of candleholders are legal in base quarters? Are they available at the BX?

A. All candleholders sold by the BX are legal for use in base housing.

Q. I don't know who my dorm manager is. Can this information be posted or provided in a better manner?

A. All enlisted unaccompanied housing facilities have been checked, and dorm manager information is prominently posted in appropriate areas within each building.

Q. Since the "Lemon Lot" was moved to its current location, there isn't enough parking for residents of the nearby quarters. Why not move the lemon lot again?

A. The lemon lot is ideally situated in close proximity to billeting and a frequently traveled road. We'll have



people move the cars they're trying to sell into the appropriate part of the lot and keep an eye on the situation, but I have yet to see the lot "maxed out" as I drive by early in the morning or late at night.

Q. What can be done to modify the DoDDS policy for Yokota that makes it so difficult for teachers to move to other bases?

A. As our 374th Airlift Wing continues to partner with DoDDS on multiple issues to improve our schools and community, I'll raise this as a concern of the faculty at the regional level of DoDDS and at the HQ PACAF level.

Q. Can we get people who are not residents of Bldg. 413 to stop parking in the spots adjacent to that building?

A. A "Resident Parking Only" sign was erected next to Bldg. 413. I've also talked to the Community Bank, Credit Union and Burger King managers so they can advise their employees to help us out. At the same time, so the employees and customers of those facilities can get

closer to those buildings, we're moving the pickup point for the Yujo-sponsored tours. Great issue!

Q. It is too dark outside the east side of Bldg. 413; safety hazard; can more lights be installed?

A. Maintenance Engineering will perform a lighting survey of the entire area. Recommended actions will be accomplished at that time. We'll post the information in affected buildings.

Q. Can a Civil Air Patrol unit be started here?

A. We have contacted the CAP headquarters at Maxwell Air Force Base and they are sending us guidance on establishing a CAP overseas. There are presently overseas units at Misawa, Okinawa, Andersen, Spangdahlem, Ramstein, Rhein-Main and Aviano air bases. For more information about starting a Yokota CAP, call Maj. Steve Clutter at 225-7338.

Q. Is there a better way to find out various phone numbers that are specifi-

cally helpful for UH residents?

A. Yes, our 374th Communications Squadron is completely revamping our yokota.af.mil website. The new "world-class" site will be on-line before July 1 and have a "Community Info" section that will have tons of info about our base that could easily be referenced or printed. We'll also add a permanent section to our quarterly "Unaccompanied Housing Digest".

Q. Can you fix washers and dryers in Bldgs. 118, 130 and officer UH?

A. We checked Bldgs. 118 and 130 May 10. We exchanged one machine and made minor repairs. We have also visited other UH laundry rooms to ensure everything is in working order. We are working closer with Dormitory Managers to ensure all maintenance actions are being reported for timely repairs.

Editor's Note: The Action Line is a direct line to Col. Mark Zamzow, 374th Airlift Wing commander and should be used for questions or comments about Yokota which couldn't be resolved through use of your chain of command.

When calling the Action Line, please leave a name and phone number so you can be reached if more information is needed. Your Identity won't be released to the public. Subjects affecting Yokota will be published in the Fuji Flyer.

225-TEAM or action.lines@yokota.af.mil

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Editorial content is edited, prepared and provided by the 374th Airlift Wing Public Affairs Office, Yokota Air Base, Japan.

All photographs used in the Fuji Flyer are official Air Force photographs, unless otherwise indicated.

All copy and other printed material is handled by the 374th Airlift Wing Public Affairs Office, building 315, Yokota Air Base, Japan. Mailing address: 374th AW/PA, Unit 5078, APO AP 96328-5078. Phone: 225-7338. Fax: 225-4867. E-mail: fuji.flyer@yokota.af.mil.



DEADLINE

The Fuji Flyer deadline is 4:15 p.m. nine days (Wednesday) before the publication date (Friday). On weekends and holidays the deadline is the Tuesday before.

Col. Mark R. Zamzow
Commander

Maj. Stephen Clutter
Chief of Public Affairs

1st Lt. John Sheets
Deputy Chief of Public Affairs

Editorial Staff
Senior Master Sgt. Gordon Van Vleet
Superintendent

Staff Sgt. Alan Williams
Chief of Internal Information

Senior Airman Matt Miller
Editor

Staff Sgt. Jeff Loftin
U.S. Media Relations

Printing/Layout by
Kaoru Corp. Design Office

Yokota's DUI Program

Units having DUI arrests (May 17-23)

— 374th Services Squadron

"DUI Free" streak: 3 days (as of May 21)

Drink & Drive

Yokota's punishments for drinking and driving:

.05-.07 BAC = 14 days walking and 6 points

.08-.09 BAC = 90 days walking and 6 points

.10 and above = 365 days walking and 6 points

DUI running totals: May — 2; year to date — 27

Call 225-RIDE

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photos by Senior Master Sgt. Gordon Van Vleet

Above, Yokota's Aerial Port and Aero Evac teams pose for a photo with Gen. Charles Robertson (center standing), commander, Air Mobility Command. Aerial Port Team members (BDUs) are Tech. Sgt. Dale Wenn, Staff Sgts. Mark Armstrong and Robin Olaes, Senior Airmen Mike Fletcher and Victor Peterson, and Airman 1st Class Dustin Sonn. AES team members (flight suits) are Capts. Michael McCarthy and Brian Kraft, Tech Sgt. Virginia Brown and Staff Sgts. James Mattson, Orville Goff and Daniel White. Right, AES team members load seats onto a C-9 during the configuration competition. Far right, aerial port team



members load cargo onto Yokota's C-130 for Engines Running On and Off load event.

CHAMPS from page 1

bility element all the time."

The Aerial Port team competed in five events to gain their overall victory:

- In Transit Visibility (an all service computerized tracking system).
- Joint inspection (goes hand-in-hand with ITV).
- 10K forklift obstacle course.
- Engines running on and off load.
- Combat endurance course.

Proving they are the best C-9 Aeromedical Evacuation Crew in the world, the 374th Aeromedical Evacuation Squadron's team had to overcome several obstacles. First, the team couldn't travel with the other rodeo team members to Little Rock, April 27, for training because the location didn't have the proper equipment the team needed for training.

"The team really didn't get a chance to practice as a team as much as they wanted to," said Tech. Sgt. Ginny Brown, aeromedical evacuation crew team leader. "The real world mission of our squadron took priority over our rodeo practice. However, we were able to get in

some practice as a team during the weekends."

Jetlag was the second factor that was against them, "We arrived at Pope for the competition May 4th, two days prior to the Rodeo," said Brown. "We were still suffering from jetlag when the competition kicked off May 6."

"I feel great about the victory," said team member Staff Sgt. Daniel White, 374th Aeromedical Evacuation Squadron. "We had minimum training time, but what our squadron does everyday helped us win. We just did what we do everyday to win, and the training we do in the squadron was one of the bigger players in our victory."

The Aeromedical Evacuation Aircrew team competed in four events to gain their overall victory:

- C-9 configuration/enplaning, for which they won first place.
- Medical Emergency scenarios.
- KC-135 Medical Equipment preflight operation (demonstration and operation)
- Litter-carry endurance course.



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Movie schedule

Today – *Drowning Mona*, PG-13, 6:30 p.m.; *Gladiator* R, 9 p.m.
Saturday – *Reindeer Games*, R, 6:30 p.m.; *Gladiator*, R, 9 p.m.
Sunday – *Drowning Mona*, PG-13, 6:30 p.m.; *Gladiator*, R, 9 p.m.
Monday – *Reindeer Games*, R, 7 p.m.
Tuesday – *3 Strikes*, R, 7 p.m.
Wednesday – *3 Strikes*, R, 7 p.m.
Thursday – *Battlefield Earth*, PG-13, 7 p.m.

YTV (Channel 18)

Welcome to Yokota – Mondays at 8 a.m.
Air Force News – Mondays through Saturdays at 3 p.m.
Eye on Services – Mondays through Saturdays at 6:30 p.m.

Yokota Insight

Col. Mark Zamzow, 374th Airlift Wing commander, is looking for ideas and comments concerning his new

television show — Yokota Insight. This monthly show on AFN Pacific highlights current Yokota topics, units and troops. E-mail ideas and comments to 374aw.insight@yokota.af.mil.

Instructor needed

The Family Support Center needs an instructor for the Buying and Selling a Home seminar which assists people leaving Yokota and returning to the U.S. Contact the Family Support Center at 225-8725.

AIA command chief

The Air Force Personnel Center Chief’s Group in conjunction with the Air Intelligence Agency is currently seeking volunteers for the AIA command chief master sergeant position at Kelly Air Force Base, Texas, reporting not later than Oct. 15. For more information contact Senior Airman Keisha Griffin by calling the Military Personnel Flight Customer Service Section at 225-9913.

Spring exam cram

The Family Support Center is sponsoring a free Spring

Exam Cram to help students prepare for end-of-year exams. The sessions are Thursday, June 5 and 8 from 6 to 8 p.m. at the Family Support Center. To register, call 225-8725 by today.

Bilingual volunteers

People with language skills in Thai, Korean, Tagalog, Chinese, Japanese or Spanish could help the Family Support Center with special events and emergencies. For more information, call 225-8725.

Tutors needed

The Family Support Center needs tutors for the Spring Exam Cram to help students prepare for final exams. Adults, National Honors Society students etc. are needed. Contact the Family Support Center at 225-8725 by today with the subjects you can tutor.

Telephone Directory

To make changes and updates to the 2000 telephone directory contact 374th Communications Squadron Customer Service at 225-7922.

LOST

Keys — On Coach and AK ring, lost at the O’Club May 4 during 374th Operations Support Squadron change of command. 225-6300 or 227-8429.(1)

HELP WANTED

Sales representative — Person for established position providing sales, service and support to Yokota and Yokosuka military exchanges. Experience in exchange resale a plus. Mail or fax resume and salary requirements to: Mark Douglass, Johnson/Kealy Co., 3627A McCorriston St., Honolulu, HI 96815, (808)735-3158.(1)
District manager — Person for established position providing sales, service and support to the military exchanges in Japan. Experience in exchange resale a plus. Mail or fax resume to: Mark Douglass, Johnson/Kealy Co., 3627A McCorriston St., Honolulu, HI 96815, (808)735-3158.(1)

WANTED

Language tutor — To learn Italian. 227-4031.(1)
Dog or puppy — Small to medium. 227-4108.(1)

PETS

Housecats — Two, loveable, one is white with green eyes, other is calico and declawed, both are fixed. 227-4175.(1)
Cat — Free to a good home, three years old, all shots current, neutered, microchipped, very playful and affectionate, all cat amenities included. 227-2747.(1)
Cat — Free, black and white male, to a good home, neutered, all shots, a big purr with travel case. 553-7542.(1)
Cat — Free to good home, small adult grey, female, spayed, all shots current, no front claws, microchipped, with soft sided pet carrier. 227-6741.(1)
Rabbit — Free to good home, PCSing. 227-4742.(1)

SALE

Yard sale — Saturday and Sunday, 3048C on west side, across from YWES, many items. 225-9264.(1)
Yard sale — Sunday, from 8 a.m. to 2 p.m., 4544D on east side. 225-5711.(1)

FOR SALE

Nintendo 64 — Three games, two controllers, rarely used, great condition, very cheap. 225-6838 or 225-9139.(1)

To submit an ad, e-mail: fuji.flyer@yokota.af.mil or drop off at the 374th Airlift Wing Public Affairs Office (Bldg. 315). Advertisements must be for one-time sales only, 25 words or less and include a name and home phone number. No more than two ads per family, per week. Ads will run for one week, possibly longer space permitting.

A/Cs — Three, two 18,000 BTU, one 8,000 BTU, \$525 OBO; miscellaneous garden items. 227-9520.(1)
A/Cs — Four. 227-4742.(1)
Cages — Large bird cage, wooden, also good for snakes or iguanas, \$200 OBO; aquarium, 20 gallon, for snakes or small mammals, \$20; small wire cage for hamsters, \$15; many small containers, \$10. 227-9695.(1)
Electronics — Cable perfect TV, Panasonic digital tuner with remote, \$150. 0425-37-4880.(1)
Video adapter — Snazzi digital adapter by Dazzle Multimedia, \$150 OBO, internal PCI card with built in MPEG-1 encoder/decoder, S-video and stereo RCA inputs and outputs. 225-2373 or e-mail alqueza@bigfoot.com.(1)
Sports cards — Selling entire collection, baseball, football, basketball, rookies, stars and inserts. 225-3800 or e-mail labdon@yta.attmil.ne.jp.(1)
Beanie babies — More than 200 different ones, retired and current. 227-3704.(1)
A/Cs — Three units, small, medium and large, all three for \$400. 227-2909.(1)
Dress blue coat — Men’s, like brand new, worn only a few times, size 39 regular, \$50. 227-4227.(1)
Tires and rims — 16” rims for Nissan or Mazda RX7, four or five lug, \$300; four 16” tires, \$100; four low rider rims with tires, 175/50/13, \$450. wittasek@yta.attmil.ne.jp.(1)
Waterbed — King size, solid oak, canopy top and mirrors, headboard with mirrors, chest and lights, \$1,000 OBO. 227-9846.(1)
A/Cs — Four, 16,000 BTU, 12,000 BTU, 8,000 BTU and 5,000 BTU, all in excellent condition. 225-9264.(1)
Sony Playstation — Like new, with dual analog rumble controller, extra controller, memory card, Metal Gear Solid, Pitfall 3D, Resident Evil 2, Jersey Devil, \$135. 227-4554.(1)
Baby items — Vibrating bouncer, Johnny Jumper, windup swing, \$20 each; Medela breast pump, still in

package, manual and electric pumping, \$30. 227-3434.(1)
Bikes — Little Tykes tricycle, \$25; ProForm 775S exercise bike, silent, brand new, only used twice, \$130. 227-3434.(1)
Lawnmower — Runs great, \$60, gas container included. 227-4067.(1)
Fence — 147’ with awning for three-bedroom garden unit, two years old, available July 1, \$1,500. 227-9611.(1)
Star Wars figures — 30 unpackaged original figures from 1977 to 1985, R2-D2, Anakin, Emperor, Darth Vader and more, \$500 OBO. 227-8904.(1)
Shoes — Vans, new, men’s size nine, grey suede. 227-8904.(1)
Stereo equipment — Denon receiver, \$200; Denon double cassette deck, \$75; Definitive loudspeakers, \$250 for pair; Definitive center speaker, \$75; Definitive rear speakers, \$100 for pair. 227-2764.(1)

AUTOMOBILES

1990 Honda — Inspire, includes wheels, tires, air filter, exhaust, lowered springs, autostart and new paint job, other optional accessories includes a sound system with boxed woofer, JCI until July 2001, \$4,500 OBO. 227-9192.(1)
1990 Nissan — Pulsar, low mileage, well maintained, automatic, A/C, power windows, locks, mirrors, \$1,600. 227-3958.(1)
1992 Toyota — Camry 2.0ZX, dark green, 4-door, air, tinted windows, AM/FM, low mileage, JCI until June 2001, \$3,500. 227-8762.(1)
1989 Toyota — Exiv, 4-door, A/C, good condition, recent tune up, JCI until Oct. 2000, \$1,500. 042-530-5440.(1)
1967 Volkswagon — Beetle, needs some work and base inspection, \$3,000. 227-9547.(1)
1988 Toyota — Soarer 2000GT Twin Turbo, 33,000km, dark grey metallic, automatic, digital dashboard, full aero-parts, power steering and windows, ex-

cellent condition, \$2,950. 227-4277.(1)
1989 Toyota — Vista, white, JCI until Dec. 2000, road tax paid, automatic, all power, second owner, great condition, \$1,900. 227-4730.(1)
1995 Nissan — March, like new, automatic, cass, power windows and door locks, JCI until Oct. 2000, fun to drive, easy to park, \$3,000 OBO. 559-9126.(1)
1992 Nissan — Sunny, A/C, automatic, power windows, locks, mirrors, cass, full spare tire, JCI until June 2001. 227-5138.(1)
1989 Nissan — Cefiro, burgundy, 4-door, power windows and locks, cass, runs great, JCI until Oct. 2000, \$2,300 OBO. 227-4981.(1)
1987 Toyota — Master Ace Grand Saloon van, JCI until May 2002, mint condition, automatic, A/C, cass, loaded with sunroof, extras, well maintained, \$2,800 OBO. 227-5930.(1)
1997 Motorcycle — KX 125, includes Pro Circuit spare set of front forks, Dunlop tires, race stand, and many extras, new graphics kit and Renthal handle bars, in perfect condition, \$1,700. 227-9687.(1)
1984 Nissan — Vanette, has road tax, needs little work to pass inspection and JCI, \$500. 227-9725.(1)
1989 Honda — Accord, PS/PW, A/C and heat, automatic, JCI until March 2002, \$1,400 OBO. 227-3014.(1)
1988 Nissan — Skyline, PS/PW, A/C and heat, five speed manual transmission, JCI until Feb. 2001, \$1,000 OBO. 227-3014.(1)
1991 Toyota — Town Ace limited van, automatic, well maintained, excellent condition, dual A/C/heat with climate controls, pop up sunroof in front and electric moon roof in back, split 50/50 rear, bench seats, four captain chairs, AM/FM/cass with remote, \$4,000 OBO. 03-5561-0465 after 6 p.m.
1987 Toyota — Hilux surf, runs great, good condition, JCI until May 2002, \$3,000 OBO. 227-9520.(1)
1990 Toyota — Corolla, automatic, CD, A/C, JCI until Sept. 2001, \$1,600. 227-5213.(1)
1990 Toyota — Camry, white, 4-door, power locks and windows, great A/C, very reliable, JCI until Jan. 2001, \$2,000 OBO. 227-8454.(1)
1990 Toyota — Corona, black, JCI until Aug. 2001, power everything, ABS, 4WD, two powered amps, subwoofer, CD changer, EQ Flip phone included, \$2,900 firm. 227-7647.(1)
1985 Toyota — Town Ace van, JCI until April 2002, runs great, \$1,500. 227-4742.(1)
1988 Toyota — Town Ace, front and rear A/C, serviced in 1999, new rear brakes, regular maintenance and servicing, JCI until June 2001, \$2,500. 227-9365.(1)

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“Nobody in football should be called a genius. A genius is somebody like Norman Einstein.”

— Joe Theismann
Former Washongton Redskin quarterback



Kanto tourney
A member of Yokota High School's varsity baseball team hustles down the first base line trying to beat the throw to first May 19 during the Kanto Plain tournament at Yokota Field. The YHS Panther's used 11 first-inning runs to beat the American School in Japan's "B" team 15 - 2. The tournament was cancelled in the second round due to rain.

photo by Staff Sgt. Jeff Loftin

New Air Force fitness standards announced

Test becomes more physical with addition of push-ups and crunches

By Leigh Anne Redovian
Air Force Surgeon General Public Affairs

BOLLING AIR FORCE BASE, D.C. (AFPN) — Beginning in July, the Air Force's annual cycle ergometry test will be expanded to include muscular fitness assessments using push-ups and crunches for all Air Force members. Pass/fail standards will not be decided until January 2002, giving Air Force leadership sufficient opportunity to evaluate the expanded

program's effectiveness. "The Air Force is committed to enhancing the health, well being, and performance of every member," said Air Force Chief of Staff Gen. Michael E. Ryan. "Total physical fitness includes cardiovascular capacity, muscular strength and endurance, flexibility and body composition." Requirements for crunches are the same for men and women depending on their age. Push-up requirements are different for men and women — in number of push-ups completed only — and are also structured according to age. Both men and women will be required to do full

"normal military pushups." Changes to the program will not impact unit testing schedules already in place. According to Ryan, the changes are vitally important in assessing force enhancement and to ensure compliance with DOD instructions. "Physical fitness remains an essential component of combat readiness and expeditionary competence," Ryan said. "We will continue to research methods to improve the health and performance of the Force." All members will be receiving a practice evaluation by June 30, 2001. The Health and Wellness Center staff on every installation will provide local information and training.

Crunches (male and female)
Age and number within two minutes.
Under 24: 53; **25-29:** 50; **30-34:** 42; **35-39:** 38; **40-44:** 32; **45-49:** 30; **50-54:** 28; **55-59:** 27.
Push-ups (female)
Age and number of full push-ups within two minutes.
Under 24: 19; **25-29:** 17; **30-34:** 15; **35-39:** 13; **40-44:** 12; **45-49:** 10; **50-54:** 9; **55-59:** 8.
Push-ups (male)
Age and number of full push-ups within two minutes.
Under 24: 42; **25-29:** 40; **30-34:** 36; **35-39:** 34; **40-44:** 30; **45-49:** 25; **50-54:** 20; **55-59:** 18.

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